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41. (Amended) The method of claim 39 wherein increasing said brain cytidine levels inhibits or ameliorates a neurological disorder.

42. (Amended) The method of claim 39 wherein increasing said brain cytidine levels inhibits or ameliorates a memory disorder.

43. The method of claim 39 wherein the administration of an effective amount of uridine or its precursor does not include the administration of cytidine.

44. (Amended) The method of claim 39 wherein the effective amount of uridine or its precursor is administered at least once a day.

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45. The method according to claim 42 wherein said memory disorder is associated with aging.

46. (Amended) The method of claim 39 which further comprises administering a therapeutically effective dose of at least one additional compound.

47. (Amended) The method according to claim 46 wherein said at least one additional compound is choline, a choline salt, CDP-choline, lecithin, lysolecithin, phosphatidylcholine, phosphatidylethanolamine, sphingomyelin, glycerophosphatidylcholine, or mixtures thereof.

48. The method according to claim 47 wherein said choline salt is selected from the group consisting of choline chloride, choline bitartrate, choline stearate, or mixtures thereof.

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49. (Amended) The method of claim 46 wherein said at least one additional compound is a uridine phosphorylase inhibitor, uridine secretion inhibiting compound, uridine renal transport competitor, or combinations thereof.

50. A method of increasing brain cytidine levels in a human suffering from a memory disorder comprising administering an effective amount of a composition comprising uridine or a precursor thereof.